

Agnes Janzen

HOUSEHOLD SCIENCE BULLETIN No. 5

RECIPES
for
Household Science Classes



GOVERNMENT OF THE PROVINCE OF SASKATCHEWAN
DEPARTMENT OF EDUCATION

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Steele
SASKATOON

A YOUTHFUL HOME MAKER

Suggestions for Saskatchewan School Children

1. I will eat my food slowly and at regular intervals.
2. I will eat cooked cereal with milk for breakfast.
3. I will take at least four cups of milk daily.
4. I will drink at least four glasses of water daily.
5. I will drink no tea nor coffee.
6. I will eat eggs but very little meat.
7. I will eat plenty of fruit—apples, oranges and prunes.
8. I will eat fresh vegetables—lettuce, spinach, beets and carrots.
9. I will eat milk puddings and custards rather than pastry.
10. I will eat very little candy and only after meals.
11. I will aid the digestion of my food by doing the following:
 - (1) Spending two hours each day in the open air.
 - (2) Keeping my window open at night.
 - (3) Sleeping as many hours as this table indicates for my age:

Age	Hours of Sleep
5 to 6	13
6 to 8	12
8 to 10	11½
10 to 12	11
16 to 18	9½
12 to 14	10½
14 to 16	10

TABLE SETTING AND SERVING.

General Rules.

1. Observe neatness, order and convenience in serving all meals.
2. Use spotless linen, shining silver and glass. We cannot all have beautiful linen, china and silver, but we can see that what we have is perfectly clean and as attractive as we can make it.
3. A good waitress is neat, quick, quiet and observant.
4. See that salt and pepper shakers and sugar bowls are filled and in order.
5. Use a centre decoration of flowers, fruit or a plant.
6. Serve hot dishes hot—cold dishes cold.
7. Remove the food, the soiled dishes and any clean dishes pertaining to that course, before serving the next course.
8. Serve and remove everything from the right with the right hand except dishes from which the guest serves himself, or serve and remove everything from the left with the left hand except beverages.
9. Remember that a simple meal easily served is much more enjoyable than an elaborate one the serving of which requires the hostess to frequently leave her place.

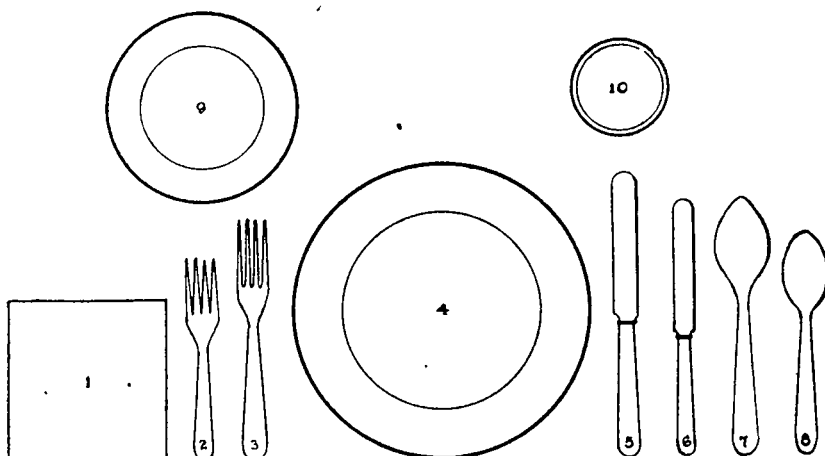
Setting the Table.

1. Lay the pad or silence cloth.
2. Lay the table cloth with the centre crease lengthwise and exactly in the centre of the table with the overhanging ends even.
3. Place the centre piece in the centre and tray cloths, if used, at each end.
4. Lay the "covers." Place a plate in the centre with knives at the right with the cutting edge toward the plate. Place the spoons to the right of the knives in order of use. Place the glass at the point of the largest knife. Place the forks at the left of the plate and the bread and butter plate to the left of the tip of the forks. A small knife or butter spreader may be laid on the bread and butter plate with the cutting edge turned to the left.

Place serviette at left below the bread and butter plate. The silverware and serviette should be placed in a straight line one inch from the edge of the table.

5. Place salt and pepper shakers at the corners and arrange the dishes for bread, butter and cake upon the table.
6. Place sugar and cream dishes, spoon tray and small bowl on tray in front of the hostess, with the cups and saucers at her left and the tea or coffee pot stand at her right.
7. Place carving set and serving spoons in position before the host.
8. Place teaspoon in saucer at right of cup parallel with the handle.

Diagram of One Cover.



1 Serviette. 2 Salad or dessert fork. 3 Dinner fork. 4 Plate. 5 Dinner knife. 6 Bread and butter knife. 7 Soup spoon. 8 Dessert spoon. 9 Bread and butter plate. 10 glass.

TABLE OF MEASUREMENTS.

tsp.teaspoon	16 tbsp.1 c.
tbsp.tablespoon	2 c.1 pt.
c.cup	4 c.1 qt.
pt.pint	2 c. butter1 lb.
qt.quart	2 c. sugar1 lb.
3 tsp.1 tbsp.	4 c. flour1 lb.

Use level measurements.

RULES FOR WORKING.

1. Regulate fire.
2. Wash hands.
3. Collect and arrange utensils and materials.
4. Prepare baking dish.
5. Sift and measure dry ingredients.
6. Measure liquids and shortening.
7. Combine ingredients.
8. Bake or cook.
9. Clean up.

DISHWASHING.

1. Put the food away.
2. Scrape, sort and pile dishes.
3. Soak dishes—soiled by egg, dough or starch in cold water; soiled by sugar or grease in hot water.
4. Get dishpan with warm soapy water.
5. Get rinsing pan with hotter water.
6. Get dishcloth, towel, soap, softening agent and bath brick.
7. Wash dishes in the following order: (1) Glassware, (2) Cups and saucers, (3) Silverware, (4) Plates, (5) Utensils, (6) Dishpan and draining pan, (7) Dishcloth and towel, (8) Table, (9) Brush, soap dish and towel, (10) Pan and sink.

UNIFORM FOR COOKERY CLASSES.

1. *Apron*—2½ yards of long cloth.
2. *Cap*—½ yard of lawn, 18 inch circle with 5 inch band to fit the head. Plait circle into band.
3. *Towel*—¾ yard of huckaback towelling, 18 inches wide.
4. *Bag*—1 yard of huckaback towelling, 18 inches wide.
5. *Holder*—¼ yard of huckaback towelling, 18 inches wide.

NOTE—See frontispiece for pattern.

RECIPES

BEVERAGES.

COCOA.

2 tbsp. cocoa.
2 tbsp. sugar.

2 c. water.
2 c. milk.

speck of salt.

Mix the cocoa, sugar and salt, add boiling water slowly. Boil 5 minutes. Add the scalded milk and heat in the double boiler. Beat with a Dover egg beater and serve very hot.

TEA.

1 tsp. tea.

1 c. boiling water.

Put the tea into a scalded tea pot. Add boiling water. Steep 3 minutes. If tea must stand drain liquor from the leaves. A tea ball or steeper may be used.

COFFEE.

$\frac{1}{2}$ c. coffee.

$\frac{1}{2}$ c cold water.

4 c. boiling water.

Moisten coffee slightly with cold water. Add a few pieces of clean egg shell or a little egg white. Add required amount of freshly boiled water and boil 3 minutes. Remove to back of stove. Settle coffee by adding $\frac{1}{4}$ c. of cold water. A coffee ball or percolator may be used.

LEMONADE OR ORANGEADE.

1 c. sugar.

$\frac{1}{3}$ to $\frac{1}{2}$ c. fruit juice.

2 c. water.

Boil sugar and water 5 minutes. Add fruit juice. Cool. Bottle. Dilute with cold water to suit individual taste.

FRUITS.

Methods of Cooking.

A—FRESH FRUIT.

1. *Stewed*—Wash, pare or peel and cut in pieces. Add a little water to keep the fruit from browning. Cover and cook gently until tender. Add sugar to sweeten. Cook a minute longer.

2. *Cooked in Syrup*—Make a syrup by boiling equal parts of water and sugar together for 5 minutes. Put the prepared fruit in the hot syrup. Cover closely and simmer until tender.

B—DRIED FRUIT.

Wash thoroughly. Soak in cold water several hours or over night. Cover and cook slowly until tender in the water in which the fruit was soaked. Add sugar and lemon juice. Simmer 5 minutes longer. Cool and serve.

STEWED PRUNES.

1/2 lb. prunes.	1/4 c. sugar.
2 1/2 c. cold water.	1 tbsp. lemon juice.

Cook according to rule for dried fruits.

APPLE SAUCE.

6 apples.	1 tbsp. lemon juice,
1/2 c. water.	or small piece of lemon rind,
1/2 c. sugar.	or 1/2 tsp. nutmeg,
	or 1/2 tsp. cinnamon,
	or 6 whole cloves.

Wipe, quarter, core and pare apples. Add water. Cook until tender. Add sugar and flavouring. Press fruit through a coarse sieve.

BAKED APPLES.

Select sound apples.

Wash, core and place in an earthen or granite baking dish. Fill centre with sugar and butter. Cover bottom of baking dish with water. Bake in a hot oven until apples are soft, basting them every ten minutes. Serve hot or cold with cream.

SCALLOPED APPLES.

3 c. apples (chopped).	2 tbsp. lemon juice.
$\frac{1}{2}$ c. sugar.	Grated lemon rind.
$\frac{1}{4}$ tsp. cinnamon.	2 c. buttered crumbs.
$\frac{1}{8}$ tsp. nutmeg.	$\frac{1}{4}$ c. water.

Place the apples in two layers using one-quarter the amount of crumbs on the bottom of a buttered baking dish, one quarter more in the middle and the remaining half on top of the dish. Mixed seasonings should be sprinkled over the apples. Add liquid before top layer of crumbs.

CRANBERRY JELLY.

4 c. cranberries.	2 c. sugar.
1 c. boiling water.	

Pick over and wash fruit. Add boiling water. Boil gently until berries burst, stirring frequently. Press through a sieve if a smooth jelly is desired. Add sugar and boil 3 minutes. Pour into a cold, wet mould.

FRUIT WHIPS.

1 c. fruit pulp (apple, prune, apricot, etc.).	(2 or 3) egg whites. Lemon juice if desired.
$\frac{1}{4}$ c. sugar.	

Beat egg whites stiff and smooth, adding 2 tbsp. sugar for every white. Add lemon juice to fruit pulp. Fold pulp into whites. File lightly in a serving dish. Chill and serve with Custard Sauce made from the yolks.

Prune Whip may be turned into a buttered baking dish and baked in a slow oven until set—about 20 minutes.

PREPARATION OF ORANGES FOR SERVING.

Wipe orange and cut in half crosswise. With a very sharp pointed knife make a cut separating the pulp from the skin around the entire circumference. Then make cuts separating sections, and remove pithy centre. Place one-half on a small plate. Sprinkle with a little sugar if necessary.

FRUIT COCKTAIL.

1 grape fruit.	1 banana.
1 orange.	2 slices of pineapple.
$\frac{1}{4}$ c. pineapple juice.	

Remove the pulp from grape fruit and orange, removing tough cellulose. Cut banana in $\frac{1}{2}$ inch slices and the slices in quarters. Add the pineapple cut in cubes, and the juice. Sprinkle with a little sugar and chill thoroughly. Serve in sherbet glasses, fruit dishes (nappies) or grape fruit cases, and garnish each with a cherry. Place on small plate with doily.

CEREALS.

Proportions.

Fine cereals, *e.g.*, Cream of Wheat—1 c. cereal, 1 tsp. salt, 5 c. water.

Coarse cereals, *e.g.*, Rolled Oats—1 c. cereal, 1 tsp. salt, 3 c. water.

Method of Cooking.

Stir cereal slowly into boiling salted water. Boil 5 minutes over direct heat. Cook in double boiler. Fine cereals require 45 minutes. Coarse cereals, also cornmeal, should be cooked from 2 to 3 hours. To keep cereal over night cover with a thin layer of water and reheat before stirring. If too thick, thin with hot water or milk.

BOILED RICE (Coarse Cereal).

1 qt. boiling water.
 $\frac{1}{2}$ c. rice.

1 tsp. salt.

Wash rice carefully. Boil rapidly, stirring frequently with a fork, until tender, from 25 to 40 minutes. Rinse with boiling water. Drain thoroughly.

CREAM OF WHEAT WITH DATES.

1 c. cream of wheat.
5 c. boiling water.

1 tsp. salt.
 $\frac{1}{2}$ lb. dates.

Cook according to general rules. Wash, stone and cut dates. Stir in five minutes before serving. To serve for breakfast or as a simple dessert.



VEGETABLES.

GENERAL RULES.

1. Wash and pare, peel or scrape and cut into pieces.
2. Soak wilted green vegetables in cold water for a few minutes.
3. Soak dried vegetables at least twelve hours before cooking.
4. Remove canned vegetables at once from the opened can.
5. Steam or bake all fresh vegetables or cook in boiling water.
6. Put all dried vegetables on to cook in cold water, softened by boiling.
7. Cook strong smelling vegetables uncovered and change the water at the end of the first 10 minutes.
8. Cook vegetables until tender. Drain thoroughly and at once. Season with salt, pepper and butter or serve with sauce.

WHITE SAUCE.

1—Thin White Sauce.

- | | |
|----------------|------------------|
| 1 tbsp. fat. | 1 c. milk. |
| 1 tbsp. flour. | Salt and pepper. |
- This is used for cream soups.

2—Thick White Sauce.

- | | |
|----------------|------------------|
| 2 tbsp. fat. | 1 c. milk. |
| 3 tbsp. flour. | Salt and pepper. |
- This is used for creamed vegetables, fish, meat and scalloped dishes.

Method of Making.

1. Mix flour to a smooth paste with a little cold liquid. Add to the scalded milk. Cook, stirring constantly until it thickens. Add fat and season.
2. Melt fat, add flour and seasoning. Add scalded milk and cook in double boiler 10 minutes.

BOILED POTATOES.

Wash and pare potatoes or cook with skins on in boiling salted water. When tender, drain, shake over heat and serve hot.

BAKED POTATOES.

Select potatoes of uniform size, wash and scrub with a brush. Bake in a hot oven from 45 to 60 minutes or until soft. Break the skins to let the steam inside escape. Serve at once, uncovered, in a hot dish.

STUFFED POTATOES

6 baked potatoes. ¾ tsp. salt.
2 tbsp. butter. Pepper.
¼ c. hot milk.

Cut a slice from the side of potato and scoop out the inside. Mash and add butter, salt, pepper and milk. Beaten white of egg may be added, also grated cheese or minced meat. Refill the skins and brown in a hot oven.

SCALLOPED POTATOES.

Wash, pare and slice potatoes. Put a layer into a buttered dish, sprinkle with salt, pepper, flour and dot with bits of butter. Repeat until the dish is full. Add milk until it can be seen on top. Cover and bake in a moderate oven about one hour.

Note.—Grated cheese may be added.

POTATO PUFF.

2 c. mashed potato. ¼-½ c. milk.
1 egg. Salt and pepper.
2 tbsp. butter.

Beat egg yolk. Add to potato mixture and beat again. Fold in stiffly beaten white. Bake in a buttered dish.

CREAMED POTATOES.

Reheat 2 c. cold boiled potatoes, cut into cubes, in 1 c. Thick White Sauce. ¼ c. grated cheese may be added to the sauce.

SCALLOPED VEGETABLE.

2 c. cooked vegetable. 1 c. medium white sauce.
Mix vegetable and sauce. Put mixture into buttered baking dish. Cover with buttered crumbs. Bake until heated through and nicely browned.

GREENS.

Tender beet tops, lamb's-quarter or spinach may be used. Pick over very carefully to remove imperfections. Wash several times to remove sand. Steam until tender. Serve with butter, pepper and salt.

SOUPS.

General Rules.

1. Cook vegetables until soft. Press through a sieve.
2. Make a thin white sauce and add the vegetable pulp.
3. Use $\frac{1}{4}$ to $\frac{1}{2}$ c. pulp to 1 c. liquid.
4. In Cream of Tomato Soup use $\frac{1}{2}$ tsp. soda to 1 qt. of tomato to neutralise the acid.

CREAM OF PEA SOUP.

1 can peas.	$\frac{1}{8}$ tsp. pepper.
3 c. water.	1 tsp. sugar.
2 c. milk.	2 tbsp. flour.
1 tsp. salt.	2 tbsp. fat.

Follow general rule.

CREAM OF CORN SOUP.

1 can corn.	$\frac{1}{8}$ tsp. pepper.
2 c. water.	2 tbsp. flour.
2 c. milk.	2 tbsp. fat.
1 tsp. salt.	

Follow general rule.

CREAM OF POTATO SOUP.

$1\frac{1}{2}$ c. riced potato.	$\frac{1}{8}$ tsp. celery salt.
1 qt. milk.	1 tsp. salt.
1 slice onion.	1 tsp. chopped parsley.
2 tbsp. flour.	$\frac{1}{8}$ tsp. pepper.
2 tbsp. fat.	

Follow general rule.

CREAM OF TOMATO SOUP.

$\frac{1}{2}$ can tomato.	$\frac{1}{4}$ tsp. soda.
1 qt. milk.	$\frac{1}{2}$ tsp. sugar.
1 slice onion.	1 tsp. salt.
4 tbsp. flour.	$\frac{1}{8}$ tsp. pepper.
2 tbsp. fat.	

Cook tomato until soft. Press through a sieve and add soda. Scald milk with onion. Make white sauce. Just before serving pour the tomato slowly into the white sauce and serve at once.

TOMATO SOUP WITHOUT MILK.

1 can tomato.	2 tbsp. fat.
$1\frac{1}{2}$ c. water.	$\frac{1}{2}$ tsp. celery salt.
2 tsp. sugar.	$1\frac{1}{2}$ tsp. salt.
2 tbsp. flour.	$\frac{1}{4}$ tsp. pepper.

Cook tomato until soft, then strain. Make a sauce of the flour, fat, seasoning and tomato. Serve hot.

VEGETABLE SOUP.

3 tbsp. beef dripping.	$1\frac{1}{2}$ c. potatoes.
$\frac{1}{2}$ c. turnip.	1 qt. boiling water.
$\frac{1}{2}$ c. carrot.	1 tbsp. butter.
$\frac{1}{2}$ c. celery.	$\frac{1}{2}$ tbsp. chopped parsley.
$\frac{1}{2}$ onion.	1 tsp. salt.

Pepper.

Prepare vegetables and cut into small cubes. Cook carrot, turnip, celery and onion in dripping until a delicate brown. Add potatoes, cook two minutes longer and then add the water. Cover and simmer one hour. Add water as needed to keep amount of liquid one quart. Add butter, parsley and seasonings.

SOUP STOCK.

The best cuts of meat for soup stock are the shin or shank of beef, the knuckle of veal, the lower part of the round and the neck.

Wipe meat and cut into pieces. Brown part of the meat in a little fat in a hot pan. Cover bones and meat with cold water, allowing $1\frac{1}{2}$ qts. to 2 lbs. of meat and bones. Let stand $\frac{1}{2}$ hour. Simmer from 3 to 6 hours.

Wash, peel or pare vegetables and cut into small pieces. Add during last two hours of cooking. Cool quickly. Remove fat before using. Keep very cold.

MEATS

Cooking of Tender Meats.

Broiling over coals—Have a clear, red fire. Wipe the meat with a damp cloth and remove extra fat. Heat the broiler and grease with a piece of fat. Place the meat on it, and hold close to the fire for the first minute, turning every 10 seconds. Season, then hold it farther from the fire, turning less frequently. Remove to a hot platter, dot with butter, and place where it will keep warm.

Pan broiling—Have the pan sizzling hot. Lay meat in and turn every 10 seconds for one minute, then season and finish cooking at a lower temperature. If fat should collect in pan pour it off.

Roasting—Prepare the roast, then place in the pan and sear the surface either in a hot oven or on top of the stove. After searing, season, then cook in a moderate oven, basting frequently.

Sautéing—Chops, cutlets and fish may be sautéed. Put just enough fat in a pan to cover the bottom, and let it get hot, but not burn. Place the food in the pan and let brown on one side, then turn and brown the other. Cutlets may be dipped in egg and crumbs before sautéing.

Time Table For Broiling.

Steak, 1 in. thick.....	8 mins.	Lamb Chops.....	10 mins.
Steak, 1½ in. thick	12-15 mins.	Fish	20 mins.

Time Table For Roasting.

(Allow 15 Mins. for Heating)

Beef (rare)	15 mins. per lb.	Pork	30 mins. per lb.
Beef (well done).....	20 mins. per lb.	Chicken	15 mins. per lb.
Mutton, Lamb, Veal....	25 mins. per lb.	Goose	20 mins. per lb.
9-lb. Turkey	2½ hrs.		

BROWN GRAVY.

Pour off all the fat but 2 tbsp. for each cup of gravy. Add 2 tbsp. flour and mix till smooth. Add 1 c. water and cook for 5 mins.

Note.—For a small roast (2 or 3 lbs.) the oven should be hot.

BACON.

Trim off rind. Place in hot pan and cook slowly until fat is clear. Turn once—and cook one minute longer.

CALF'S LIVER.

Cut liver into slices $\frac{1}{2}$ inch thick. Cover with boiling water and let stand 5 minutes. Drain and lay on a clean towel. Dredge with salt, pepper and flour and sauté in a little bacon fat.

Cooking of Tough Meats.

Braising—A combination of steaming and baking. Sear the meat, season, place in pan. Add enough water to cover bottom of pan. Add vegetables cut into pieces, if desired. Cover and cook in a moderate oven 3-5 hrs. Uncover during last hour of cooking.

Fricasséeing is a combination of sautéing and simmering. Cut the meat into suitable pieces and roll in flour. Sauté till brown. Cover with water and simmer till tender.

Stewing is cooking in liquid below boiling point.

PLAIN STEW.

Remove skin and most of the fat. Cut into 3 inch pieces. Cover meat with boiling water and simmer 3-4 hours. Thicken gravy and season. Vegetables may be added if desired.

For a Brown Stew, sauté part of the meat, then follow same method as in plain stew.

IRISH STEW.

$\frac{1}{2}$ lb. lamb.	1 onion, cut into slices.
$\frac{1}{2}$ lb. beef.	1 c. tomatoes.
$\frac{1}{2}$ c. carrots.	6 potatoes, cut into 1-in. cubes.
2 stalks celery.	Few peas.

Seasonings.

Cut meat into cubes. Cover with boiling water and let boil for 5 mins., then simmer 2 hrs. Add carrots cut into pieces, celery cut into 1-inch pieces, onions and peas. Cook $\frac{1}{2}$ hr., then add potatoes and seasonings. When potatoes are almost soft add tomato and thickening. Serve on a platter and sprinkle with chopped parsley.

HAMBURG STEAK.

1 lb. chopped meat. 1 tsp. onion juice.
1 tsp. salt. 1 tsp. chopped parsley
 1/8 tsp. pepper.

Mix the seasoning with the meat, form into small cakes and pan broil.

POT ROAST.

Meat from the brisket, round, chuck, or any tough part may be used.

Dredge with flour and brown the surface in a hot pot or pan. Add 1 c. water, cover and cook slowly 2 hrs., then add seasonings and vegetables if desired. Cook till tender, then thicken gravy.

MADE OVER MEAT DISHES.

To prepare meat.—Remove bone and gristle, and if meat is to be used for hash remove fat. Save bone for stock and fat for trying out. Cut the meat into slices or cubes, or chop fine. With tender or well-cooked meat, reheat only. If tough or rare, simmer. Season well, as meat that has been cooked and cooled loses some of its flavour.

HASH.

Mix together 1 part chopped meat and 2 parts chopped boiled potatoes. Add seasonings. Onion juice or a little onion may be added if desired.

MINCED MEAT ON TOAST.

Chop fine any cold, lean meat. Season and warm in gravy or sauce sufficient to moisten. Serve on toast

RICE AND MEAT.

2 c. cooked meat, minced. Salt and pepper.
1/4 c. bread or cracker crumbs. Hot water or stock.
 Rice.

Mix together the meat, crumbs, seasonings, and enough water or stock to enable the meat to be packed solidly. Line a buttered mould with a quarter-inch layer of boiled rice. Steam 1/2 hour.

SHEPHERD'S PIE.

1 c. cold minced meat.	1 c. mashed potatoes.
1 slice onion.	$\frac{1}{4}$ c. hot milk.
$\frac{1}{2}$ c. gravy.	$\frac{1}{2}$ tsp. butter.
$\frac{1}{2}$ tsp. salt.	Pepper.

Chop the onion fine and mix it with the gravy, meat, salt and a little pepper. Heat the milk and butter and beat them into the mashed potatoes. Cover the meat with the potatoes and bake in a moderate oven until brown.

FISH.

BAKED FISH.

Clean the fish and fill the body cavity with dressing, allowing room for the dressing to swell slightly. Sew up the fish, using strong thread; skewer and tie in the shape of the letter S. Season and dredge with flour and spread with butter or bacon fat or slices of fat pork, and placed in a greased rack in the baking pan. If the fish is very dry cut gashes in it crosswise and insert strips of salt pork. Baste every 10 minutes. When the fish is brown and the flesh may be pierced without the juice running out, remove the strings and skewers, garnish with lemon and parsley and serve plain or with sauce.

STUFFING FOR FISH.

2 c. bread crumbs.	1 tsp. onion juice.
$\frac{1}{2}$ tsp. salt.	1 tsp. chopped parsley.
$\frac{1}{8}$ tsp. white pepper.	1 tsp. capers or chopped pickles.
Cayenne.	$\frac{1}{4}$ c. melted butter.

Mix all the ingredients together and then add to the melted butter.

FISH COOKED IN WATER.

Place the fish on a plate on a piece of cheesecloth. Tie the edges together and put the fish in a kettle of boiling water. Add 1 tsp. salt and 1 tsp. vinegar to each quart of water. Cook gently 15 to 30 minutes, according to size. Serve with a sauce. Left over fish may be reheated by preparing it with white sauce as creamed fish or by making scalloped fish.

BROILED FISH.

Clean and wipe the fish. Remove the head and tail; backbone may also be removed. Fish may be split down the back before broiling. Very large fish are cut into slices for steaks. Rub butter over dry fish before broiling. Oily fish require only salt and pepper. Grease the wire broiler, lay in the fish and cook over a clear fire, cooking the flesh side first. Turn it and cook the skin until crisp. Slice fish should be turned often while broiling. Slip on to a hot platter, season, garnish and serve.

SCALLOPED FISH.

To $1\frac{1}{4}$ c. cooked cod, haddock, halibut, or salmon add 1 c. white sauce and season. Pour into a buttered baking dish, cover with buttered crumbs and bake till crumbs are brown.

STEAMED SALMON.

Line a bread pan or baking dish with steamed rice. Fill centre with cold cooked salmon, seasoned. Cover with rice and steam 1 hour.

EGGS.

SOFT COOKED EGGS.

Put eggs on in boiling water. Cover and remove dish at once to back of range. Let stand for 5 to 8 minutes.

HARD COOKED EGGS.

Use same method, allowing eggs to remain in water 30 minutes.

POACHED EGGS.

Break eggs into a saucer, then slip into boiling salted water. Reduce heat so that water no longer boils. When white is firm and film formed over the yolk the egg is cooked. Remove with a skimmer, drain well and serve on toast. Season

FOAMY OMELET.

1 egg.	$\frac{1}{2}$ tsp. butter.
$\frac{1}{2}$ tbsp. water.	Salt and pepper.

Beat yolk well. Add seasoning and liquid. Beat white until stiff. Melt fat in pan, greasing sides well. Cut and fold white into yolk. Turn into hot pan, spread evenly, reduce heat. Brown on top in a hot oven, if convenient. Fold, garnish with parsley and serve at once.

CREAMY EGG.

3 eggs.	$\frac{3}{4}$ tsp. salt.
3 tsp. butter.	Pepper.
$\frac{3}{4}$ c. milk.	Dry toast.

Beat the eggs slightly and add butter, seasoning and milk. Cook in a double boiler. When the egg coagulates around the sides and bottom of the boiler, draw it away with a spoon. Continue in this way until all of the egg is cooked. If cooked too much the egg will curdle. Serve on toast.

SALADS.

PREPARATION OF MATERIALS FOR SALADS

1. *Lettuce, parsley, watercress, etc.*—Wash each sprig or leaf carefully, then place in cold water for a few minutes. Drain, wrap in a clean towel, and place where it is cool.

2. *Other raw vegetables or fruits.*—Wash well and cut into suitable pieces.

Celery.—Use tender stalks. Cut across stalks into $\frac{1}{4}$ inch slices.

Cabbage.—Cut into quarters and shred finely.

Apples.—Pare, core and cut into dice. Cut up apples just before mixing with dressing.

Oranges and Grape Fruit.—Wash and cut crosswise. Remove pulp carefully.

Tomatoes.—Wash, peel and chill. Leave whole or cut into $\frac{1}{4}$ inch slices.

Cucumber.—Pare, cut into slices. Do not put into salt water.

3. Cooked Vegetables:

Potatoes.—Cut into dice and mix with dressing.

Beans and asparagus.—Cut into small pieces or leave whole and serve on lettuce leaf.

4. *Meats.*—Veal, chicken or tongue. Cut into $\frac{1}{4}$ inch dice and season. Mix with dressing and let stand 1 hour.

5. *Fish.*—Chill, arrange on lettuce leaf and garnish with cucumber.

Some Combinations.

1. Celery, apple and nuts.
 2. Beet and celery.
 3. Cabbage and celery.
 4. Apple, date and orange.
 5. Grape fruit, apple and date.
 6. Asparagus and pimento.
 7. Tomato and cucumber.
 8. Raw carrot and walnuts.
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BOILED SALAD DRESSING.

1 tbsp. salt.	Cayenne.
1 tbsp. mustard.	2 c. milk.
$\frac{3}{4}$ c. sugar.	$\frac{1}{2}$ to $\frac{3}{4}$ c. vinegar or lemon juice.
6 tbsp. flour.	2 eggs.
1 tsp. celery seed.	2 tbsp. butter.

Mix dry ingredients, add the hot milk and cook in a double boiler until the mixture thickens, stirring constantly. Add vinegar gradually, then the beaten eggs. Remove from fire and add the butter.

DESSERTS.

STEAMED OR BAKED CUSTARD.

2 eggs.	$\frac{1}{4}$ c. sugar.
2 c. scalded milk.	$\frac{1}{4}$ tsp. salt.
	Flavouring.

Mix and strain into buttered mould. Steam until firm or place mould in pan of hot water and bake in a moderate oven until, when tested the blade of a knife comes out clean. It will take about 25 minutes.

RICE CUSTARD.

2 c. milk.	$\frac{1}{2}$ c. sugar.
$\frac{2}{3}$ c. cooked rice.	$\frac{1}{2}$ tsp. salt.
2 eggs.	1 tsp. flavouring.

Add the beaten egg to the rice mixed with milk and the other ingredients. Bake as a plain custard.

RICE PUDDING.

4 c. milk.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{3}$ c. rice.	$\frac{1}{3}$ c. sugar.

Grated rind of $\frac{1}{2}$ lemon.

Wash rice, mix ingredients, and pour into buttered pudding dish. Bake 3 hours in a very slow oven, stirring three times during first hour of baking to prevent rice from settling.

Molasses may be used instead of sugar. Raisins may be added. Serve with milk and brown sugar.

TAPIOCA CUSTARD PUDDING.

$\frac{1}{4}$ c. pearl tapioca.	$\frac{1}{3}$ c. sugar.
$1\frac{1}{2}$ c. milk.	$\frac{1}{8}$ tsp. salt.
2 eggs.	$\frac{1}{2}$ tsp. vanilla.

Soak tapioca in enough cold water to cover until water is absorbed. Add milk. Cook in double boiler until tapioca is transparent. To the beaten yolks, sugar and salt, add a little of the hot mixture. Return all to double boiler and cook three minutes. Cool slightly. Fold in the well beaten whites. Flavour. Serve cold with cream and sugar.

Note.—Rice may be used in place of tapioca.

BREAD CUSTARD.

1 c. stale bread crumbs.	3 tbsp. sugar.
2 c. scalded milk.	$\frac{1}{8}$ tsp. salt.
1 egg.	2 tbsp. melted butter.

Soak crumbs in milk. Beat egg, adding sugar and salt. Combine mixtures. Add butter and vanilla. Turn into buttered dish. Place in a pan of hot water and bake in a moderate oven one hour.

JUNKET.

1 pt. milk.	$\frac{1}{2}$ tsp. vanilla.
$\frac{1}{2}$ junket tablet dissolved in	1 tbsp. sugar.
$\frac{1}{2}$ tbsp. water.	Salt.

Heat milk until lukewarm. Add the other ingredients. Pour into cups. Let stand in a warm place until set. Chill and serve with fresh fruit.

CORNSTARCH PUDDING.

2 c. scalded milk.	$\frac{1}{2}$ tsp. salt
4 tbsp. cornstarch.	1 tsp. vanilla.
6 tbsp. sugar.	

Mix starch, sugar and salt. Stir in the milk and cook in double boiler at least half an hour.

CHOCOLATE CORNSTARCH PUDDING.

To recipe for Cornstarch Pudding add 2 tbsp. grated chocolate or 4 tbsp. cocoa.

CARAMEL PUDDING.

1 c. brown sugar.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{4}$ c. boiling water.	$\frac{1}{2}$ c. cold milk.
$1\frac{1}{2}$ c. scalded milk.	1 egg.
4 tbsp. cornstarch.	$\frac{1}{2}$ tsp. vanilla.

Melt sugar to caramel and gradually add boiling water. Mix cornstarch, salt and cold milk, and add to hot milk. Cook in a double boiler, stirring until it thickens. Then add caramel. Cook 45 minutes, stirring every 10 minutes. Five minutes before removing from fire add well beaten egg. Flavour, and when cold serve with cream or custard sauce.

LEMON SNOW.

$1\frac{1}{2}$ c. water.	3 tbsp. lemon juice.
$\frac{2}{3}$ c. sugar.	2 egg whites.
3 tbsp. cornstarch.	

Mix sugar and starch. Add boiling water. Cook until there is no taste of raw starch. Add lemon juice. Fold in the stiffly beaten whites. Mould. Chill. Serve with Custard Sauce.

CHOCOLATE OATMEAL PUDDING.

$1\frac{1}{2}$ c. cooked oatmeal.	$\frac{1}{2}$ c. sugar.
1 c. milk.	1 oz. chocolate or
1 egg.	2 tbsp. cocoa.
1 tsp. vanilla.	

Mix ingredients in the order given. Beat thoroughly and pour into a buttered baking dish. Bake in a moderate oven 25-30 minutes. Serve with cream and sugar or sauce.

COTTAGE PUDDING.

$\frac{1}{4}$ c. butter.	1 c. milk.
$\frac{2}{3}$ c. sugar.	$2\frac{1}{4}$ c. flour.
1 egg.	4 tsp. baking powder.
	$\frac{1}{2}$ tsp. salt.

Mix as plain cake, turn into buttered pan and bake in a moderate oven 35 minutes. For individual puddings, bake in muffin tins 25 minutes. Serve with vanilla or caramel sauce.

To vary this pudding, place sliced apples, stewed prunes or other fruit in bottom of dish and pour batter over.

CARROT PUDDING.

1 c. flour.	$\frac{1}{2}$ c. raisins seeded and cut.
$\frac{2}{3}$ tsp. soda.	$\frac{1}{2}$ c. currants.
$\frac{1}{4}$ tsp. salt.	$\frac{3}{4}$ c. grated potatoes.
$\frac{2}{3}$ c. sugar.	$\frac{1}{2}$ c. grated carrots.
$\frac{1}{2}$ c. finely chopped suet.	

Mix and sift dry ingredients, add suet and fruit. Add vegetables and stir until well blended. Steam 3 hours. If cooked in individual moulds, steam $1\frac{1}{4}$ hours.

LEMON JELLY.

1 tbsp. granulated gelatine.	1 c. boiling water.
$\frac{1}{4}$ c. cold water.	Speck of salt.
1 c. sugar.	$\frac{1}{4}$ c. lemon juice.

Soak gelatine in cold water, add salt, pour boiling water on it and stir until dissolved. Add sugar, then lemon juice and strain. Turn into moulds that have been wet in cold water and chill.

SNOW PUDDING.

Make the lemon jelly and strain into a large bowl and place in ice water to cool. Beat the whites of two eggs until stiff, and when the jelly thickens add them to it and beat with a wire spoon. Pile into a mould or glass dish and serve with Custard Sauce.

COFFEE CREAM.

1 tbsp. granulated gelatine.	$\frac{1}{2}$ c. sugar.
$\frac{1}{4}$ c. cold water.	1 c. cream or milk.
$\frac{1}{2}$ c. strong coffee.	

Soak the gelatine in the cold water and dissolve in the hot coffee. Add the sugar and strain into an earthen dish and place in ice water to cool. Stir occasionally. When it becomes thick add the whipped cream and stir until it becomes thick, but not hard; then pour it into a glass dish.

If milk or plain cream is used it may be added as soon as the jelly is strained.

SAUCES.

BROWN SUGAR SAUCE.

$\frac{1}{2}$ c. brown sugar. 1 c. boiling water.
 $1\frac{1}{2}$ tbsp. flour. 1 tbsp. butter.
 $\frac{1}{2}$ tsp. vanilla.

Mix sugar and flour and add boiling water. Cook until there is no taste of raw starch. Remove from fire and add butter and vanilla. Two tbsp. spicy fruit juice may be added instead of vanilla.

CUSTARD SAUCE.

1 c. milk. 1 tbsp. sugar.
1 egg or 2 yolks. Flavouring.

Beat the eggs and sugar together, scald the milk and add it to the eggs and sugar. Return to double boiler and cook, stirring constantly, until the mixture coats the spoon. Strain at once into a cold bowl. Chill and flavour.

Note.—For a thicker sauce use only $\frac{3}{4}$ c. milk.

LEMON SAUCE.

$\frac{1}{4}$ c. sugar. 1 cup boiling water.
1 tbsp. cornstarch, or 1 tbsp. butter.
2 tbsp. flour. 1 tbsp. lemon.
 Grated lemon rind.

Prepare as Brown Sugar Sauce.

VANILLA SAUCE.

Same as above, using 1 tsp. vanilla instead of lemon juice and rind

CARAMEL.

1 c. white sugar. 1 c. boiling water.
Melt sugar in frying pan and brown to colour desired. Add water slowly and cook to desired thickness

CARAMEL SAUCE.

Same as Lemon Sauce only use 2 tbsp. caramel instead of lemon and rind.

HARD SAUCE.

$\frac{1}{3}$ c. butter. 1 c. powdered sugar.
 1 tsp. vanilla.

Cream the butter, add sugar gradually and vanilla. Pile roughly on a dish and grate over it some nutmeg.

TOMATO SAUCE.

1 c. canned tomato.	6 peppercorns.
1 slice onion.	$\frac{1}{2}$ tsp. salt.
Bit of bay leaf.	1 tbsp. butter.
4 cloves.	2 tbsp. flour.

Boil first six ingredients 15 minutes. Strain, melt the butter, add flour and strained tomato. Cook 5 minutes.

MINT SAUCE.

$\frac{1}{4}$ c. finely chopped mint leaves.	$\frac{1}{4}$ c. vinegar.
$\frac{1}{4}$ c. water.	2 tbsp. sugar.

Mix vinegar, water and sugar. When the sugar is dissolved pour over the mint and let it stand on back of stove for one-half hour.

RELISH.

2 cauliflowers.	1 lb. small onions.
3 cucumbers.	4 green tomatoes.

Red pepper.

Soak vegetables overnight in hot brine. In morning pour off liquid and wash in cold water. Put through the chopper; add celery if desired and red peppers.

Dressing.

$\frac{1}{2}$ c. flour.	3 c. sugar.
$\frac{1}{2}$ c. mustard (scant)	$1\frac{1}{2}$ tbsp. celery seed.
$1\frac{1}{2}$ tsp. turmeric.	$1\frac{1}{2}$ tsp. salt.
Pepper.	$1\frac{1}{2}$ pts. vinegar.

Boil dressing 15 minutes and add to vegetables.

CHUTNEY.

1 qt. vinegar.	2 lbs. ripe tomatoes (peeled).
1 qt. water.	3 apples.
$2\frac{1}{2}$ lbs. brown sugar.	$\frac{1}{2}$ tsp. black pepper.
1 lb. raisins.	$\frac{1}{2}$ tsp. cinnamon.
2 onions.	1 tsp. salt.

Heat vinegar and water to boiling point. Add other ingredients and boil two hours or until consistency of hot jam.

COFFEE CAKE.

Make a bread sponge of the following:

2 c. scalded milk.	2 c. flour.
1 yeast cake.	

Cream together:

6 tbsp. butter.	$\frac{1}{2}$ tsp. salt.
8 tbsp. sugar.	

When the mixture is very light beat butter mixture well into the sponge and add two well beaten eggs and enough sifted flour to make a very soft dough. Spread this dough $\frac{3}{4}$ inch thick on buttered pans. Let rise until double in bulk. Brush over with melted butter, sprinkle with sugar and cinnamon and bake as bread.

BOSTON BROWN BREAD.

1 c. rye or white flour.	$\frac{3}{4}$ tbsp. soda.
1 c. cornmeal.	1 tsp. salt.
1 c. Graham flour.	$\frac{3}{4}$ c. molasses.
2 c. sour milk or $1\frac{3}{4}$ c. sweet milk or water.	

Mix and sift dry ingredients, add molasses and milk. Beat well; turn into greased mould, cover tightly and steam $3\frac{1}{2}$ hours. Dry the bread in the oven for a few minutes after it is slipped from the mould

$1\frac{1}{2}$ c. chopped dates or raisins may be added.

DATE BREAD.

$\frac{1}{2}$ c. butter.	1 c. walnuts.
$\frac{3}{4}$ c. white sugar.	1 lb. dates.
2 eggs.	$1\frac{1}{2}$ c. flour.
$\frac{1}{2}$ tsp. soda dissolved in $\frac{1}{2}$ c. sweet milk.	

Mix as a cake. Bake in a greased pan in a slow oven.

SANDWICHES.

General Rules.

Use bread one day old.

Cut slices very thin.

Cream butter and spread bread before cutting from loaf.

Spread one-half slices with various fillings.

Cut into various shapes.

Keep fresh by wrapping in napkin wrung as dry as possible out of hot water.

FILLINGS.

1. Thinly sliced tomatoes seasoned with salt and pepper and salad dressing.

2. Equal parts of grated cheese and chopped olives moistened with cream or salad dressing.

3. Equal parts of grated cheese and finely cut nuts with salad dressing.

4. Sliced cucumbers seasoned with salt and pepper.

5. Hard cooked eggs chopped finely, mixed with melted butter, or salad dressing to consistency to spread.

6. Sardines with lemon juice or a little dressing.

7. Dates chopped with a little cream. Nuts may be added.

MUFFINS.

General Rules.

1. Cream the butter.

2. Add sugar and eggs well beaten.

3. Sift the dry ingredients and add to the first mixture alternately with the milk.

4. Bake in greased muffin pans in a hot oven 25 minutes.

TWIN MOUNTAIN MUFFINS.

$\frac{1}{4}$ c. butter.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{4}$ c. sugar.	$3\frac{1}{2}$ tsp. baking powder.
1 egg.	1 c. milk.
2 c. flour.	

Follow general rule.

GRAHAM MUFFINS.

2 tbsp. butter.	1 c. Graham flour.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ tsp. salt.
1 egg.	$3\frac{1}{2}$ tsp. baking powder.
1 c. white flour.	1 c. milk.

Follow general rule.

Note.—For Cornmeal Muffins use same ingredients, using $\frac{1}{2}$ c. cornmeal with $1\frac{1}{2}$ c. white flour.

BAKING POWDER BISCUITS.

2 c. flour.	2-4 tbsp. fat.
4 tsp. baking powder.	$\frac{2}{3}$ c. milk or water.
$\frac{1}{2}$ tsp. salt.	

Mix and sift dry ingredients. Cut shortening in with a knife or work in with tips of fingers, until mixture is fine like meal. Add milk gradually, cutting it in with a knife. Turn on to floured board. Toss until coated with flour, then pat or roll to a thickness of three-quarters of an inch. Cut with floured biscuit cutter. Bake in a hot oven 12 to 15 minutes.

Note.—To make Emergency Biscuit, add sufficient liquid that mixture may be dropped from spoon without spreading on greased pan.

STRAWBERRY SHORTCAKE.

Use biscuit recipe with 4 tbsp. fat and add 1 tbsp. sugar. Mix according to rules and roll. Put in round buttered tins and shape with hand to fit pans. Bake in a hot oven. Spread with butter. Crush strawberries and sweeten to taste, and put between and on top of cakes. Cover with whipped cream. Other fruits may be used.

FRUIT ROLLS.

To Tea Biscuit recipe add 2 tbsp. sugar, and roll $\frac{1}{8}$ inch thick. Spread with

2 tbsp. butter (softened).	$\frac{1}{3}$ c. brown sugar.
$\frac{1}{2}$ tsp. cinnamon.	$\frac{1}{3}$ c. currants.

Roll, cut in slices $\frac{3}{4}$ inch thick. Place in greased tins with cut surfaces up and down, and bake in a hot oven 15 minutes.

CAKE.

General Rules.

1. Cream the butter.
2. Add sugar gradually, beating until dissolved.
3. Add well beaten egg.
4. Add liquid alternately with the mixed and sifted dry ingredients.
5. Beat well.
6. Bake in greased pans in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

ONE EGG CAKE.

$\frac{1}{4}$ c. butter.	$1\frac{1}{2}$ c. flour.
$\frac{1}{2}$ c. sugar.	$2\frac{1}{2}$ tsp. baking powder.
1 egg.	1 tsp. spice.
$\frac{1}{2}$ c. milk.	or $\frac{1}{2}$ tsp. flavouring.

Note.—For Walnut Cake add $\frac{1}{2}$ c. chopped nuts. For Chocolate Cake add $2\frac{1}{2}$ oz. melted chocolate or $\frac{1}{4}$ c. cocoa. For Cocoanut Cake add $\frac{1}{2}$ c. shredded cocoanut.

GINGER BREAD.

1 egg.	1 tsp. soda.
$\frac{1}{2}$ c. brown sugar.	1 tsp. ground ginger.
$\frac{1}{2}$ c. molasses.	1 tsp. mixed ground spices.
$\frac{1}{2}$ c. sour milk.	2 tbsp. melted shortening,
$1\frac{1}{2}$ c. flour.	butter or dripping.

Melt shortening in baking pan. Measure dry ingredients into sifter. Beat the egg, add sugar, beat well. Add molasses and part of sour milk. Sift in dry ingredients adding enough more milk to make of right consistency. Add melted shortening.

Grease pan, pour in batter and bake in a moderate oven (30 to 35 minutes).

SPONGE CAKE.

2 eggs.	$\frac{1}{2}$ tsp. flavouring.
$\frac{1}{2}$ c. sugar.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{2}$ c. flour.	

Beat yolks until thick and lemon coloured. Add sugar gradually. Beat well. Add flavouring and well beaten whites. Carefully fold in the sifted flour and salt. Bake in a floured pan in a slow oven.

HOT WATER SPONGE CAKE.

2 eggs	$1\frac{1}{2}$ tsp. baking powder.
1 c. sugar.	$\frac{1}{4}$ tsp. lemon extract.
$\frac{3}{8}$ c. hot water.	$\frac{1}{4}$ tsp. salt.
1 c. flour.	

Beat yolks of eggs until thick and lemon coloured. Add $\frac{1}{2}$ c. sugar gradually and continue beating. Add water, remaining sugar, flavouring, and stiffly-beaten egg-whites. Carefully fold in the sifted dry ingredients. Bake in a floured pan 25 minutes, in a moderate oven.

DROP CAKE.

$\frac{1}{3}$ c. butter.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{2}$ c. sugar.	$\frac{1}{3}$ tsp. cinnamon.
1 egg.	$\frac{1}{3}$ c. chopped nuts.
1 c. flour.	$\frac{1}{3}$ c. chopped raisins.
1 tsp. baking powder.	

Cream the butter. Add sugar and beaten egg. Add mixed and sifted dry ingredients, nuts and fruit. Drop from teaspoon on to a greased baking sheet one inch apart. Bake in a slow oven 12 to 15 minutes

OATMEAL COCOANUT COOKIES.

$\frac{1}{4}$ c. butter.	$1\frac{1}{4}$ c. rolled oats.
$\frac{1}{2}$ c. sugar.	$\frac{1}{2}$ c. flour.
1 egg.	1 tbsp. baking powder.
$\frac{3}{4}$ c. cocoanut.	$\frac{1}{4}$ tsp. salt.

Shape with the fingers and cook in a hot oven.

OATMEAL DROP CAKES.

1 c. fat.	1½ c. rolled oats put through the food chopper.
1 c. brown sugar.	½ c. chopped nuts.
2 eggs.	¼ tsp. salt.
⅓ c. milk.	½ tsp. each of cassia, cloves, allspice and soda.
1½ c. flour.	

Mix and bake in a moderate oven.

PEANUT COOKIES.

2 tbsp. butter.	¼ tsp. salt.
¼ c. sugar.	1 tbsp. milk.
1 egg.	½ c. finely chopped peanuts.
½ c. flour.	½ tsp. lemon juice.
1 tsp. baking powder.	

Follow general rule Drop from a teaspoon on a buttered baking sheet one inch apart. Place one-half peanut on top of each. Bake in a slow oven 12 to 15 minutes.

FRUIT BARS.

1 c. brown sugar.	1 c. chopped nuts.
¾ c. flour.	1 c. chopped dates.
1 tsp. salt.	2 eggs.
½ tsp. Baking Powder	

Sift the dry ingredients. Add the beaten eggs and the nuts and fruit. Mix all together. Bake in a large pan in a slow oven. While hot cut into bars three inches by one inch.

WELSH LOTUS CAKE.

2 tbsp. butter.	2 tbsp. ground rice.
2 tbsp. sugar.	1 tbsp. shredded cocoanut.
1 egg.	Flavouring.
Few sultanas and a little chopped peel.	

Spread a thin layer of jam on a round of pastry. Mix the above ingredients together and spread evenly over the jam. Bake in a moderate oven.

CAKE FILLINGS AND ICINGS.

DATE FILLING.

1½ lbs. dates. Water.
1 tbsp. sugar.

Wash and stone dates. Cut into pieces. Nearly cover with water. Cook slowly until the water is evaporated. Stir frequently.

BOILED ICING.

1 c. sugar. 1 egg white.
⅓ c. boiling water. 1 tsp. vanilla.

Boil sugar and water together until syrup threads. Pour slowly on to the stiffly beaten white. Flavour. Beat until ready to spread.

Note.—To make Chocolate Boiled Icing add sufficient melted chocolate to obtain the right colour.

CHOCOLATE ICING (Uncooked).

1 oz. chocolate or ½ tsp. vanilla.
¼ c. cocoa. 1½ c. icing sugar.
¼ c. milk.

Melt chocolate over hot water. Add hot milk. Stir until smooth. Cool and stir in sifted sugar until of consistency to spread.

ORANGE ICING.

Orange juice. Finely grated orange rind.
Sifted icing sugar.
Beat well together.

BUTTER ICING.

1½ tbsp. butter. 1 tsp. vanilla.
2 tbsp. hot water. 1 tbsp. cocoa (if desired).

Enough sifted icing sugar to spread easily. Beat well together.

PASTRY.

General Rules.

Have everything cold.

Always roll the pastry one way.

Handle as little and as lightly as possible.

Cook the pastry in a hot oven and have the heat greatest at the bottom, so that it may rise before browning..

Pastry is much improved if allowed to stand on ice before baking.

Butter gives a better flavoured crust; lard gives a flakier crust. A combination of the two, using half and half, gives good results. Other fats may be used.

PLAIN PASTRY.

1 c. flour.

$\frac{1}{4}$ tsp. salt.

$\frac{1}{4}$ c. butter.

(or $\frac{1}{2}$ butter and $\frac{1}{2}$ lard).

(about) $\frac{1}{4}$ c. ice water.

Sift the flour and salt together. Chop in the fat with a knife, add the water slowly, handling lightly. Place the dough on the board, roll out and cut to fit the size of pie plate.

APPLE PIE.

Wipe and cut tart apples into eighths and remove the cores and skins. Vary the amount of sugar according to the acidity of the apples, using 2 tbsp. or more for an apple. Cover with a crust and bake until the apples are soft and the crust is brown.

LEMON PIE I.

3 tbsp. cornstarch.	Juice and rind of 1 lemon.
1 c. sugar.	1 tbsp. butter.
1 c. boiling water.	2 eggs (yolks).

Mix the sugar and starch together. Steep rind in water. Add the boiling water slowly to mixture. Cook 20 minutes in the double boiler, stirring frequently. Beat the yolks of the eggs until light and add the hot mixture slowly. Return to the double boiler and cook until the egg thickens. Add the butter and lemon juice and rind. When the mixture is cool, place it in a baked crust. Cover with a meringue and bake until a delicate brown.

MERINGUE.

2 egg whites. $\frac{1}{4}$ c. powdered sugar.

Beat whites until stiff, add sugar gradually, and continue beating until stiff enough to hold its shape.

LEMON PIE II.

3 eggs.	4 tbsp. water.
1 c. white sugar.	2 tbsp. butter
1 lemon, juice and grated rind.	

Add $\frac{1}{2}$ c. sugar to well beaten yolks. Add other ingredients and cook until thickened. Chill until ice cold.

Beat whites of eggs very dry. Add $\frac{1}{2}$ c. sugar and beat for 10 minutes. Fold into cooked mixture and turn into baked shell and brown on top in a very hot oven.

Have first mixture very cold and brown in a very hot oven so as not to heat the filling. Serve very cold.

CUSTARD PIE.

3 eggs.	$\frac{1}{8}$ tsp. salt.
3 tbsp. sugar.	$1\frac{1}{2}$ c. milk.

Few gratings nutmeg.

Beat eggs slightly and add sugar, salt and milk. Strain on to crust and sprinkle with nutmeg. Bake in quick oven at first, then decrease the heat. Bake until firm.

CRANBERRY PIE.

$1\frac{1}{2}$ c. cranberries. $\frac{3}{4}$ c. sugar.
 $\frac{1}{2}$ c. water.

Cook all together for 10 minutes. Cool and bake in one crust with a rim and strips across the top.

RAISIN PIE.

1 c. seeded raisins. 2 tbsp. butter.
 $\frac{3}{4}$ c. cold water. Juice of $\frac{1}{2}$ lemon.
1 c. brown sugar. 1 tbsp. flour.

Wash raisins, add the water and boil 10 minutes. Add the sugar and the flour mixed with a little cold water. Cook until thickened. Add butter and lemon juice. Cool and bake in two crusts.

PRUNE PIE.

$\frac{1}{2}$ lb. prunes. 1 tbsp. lemon juice.
 $\frac{1}{2}$ c. sugar. $1\frac{1}{2}$ tsp. butter.
1 tbsp. flour.

Wash prunes and soak in cold water to cover. Cook in this water until soft. Remove stones and cut into quarters and mix with sugar and lemon juice. Reduce prune water to $1\frac{1}{2}$ fbsp. Fill lined pie plate with mixture, add the liquid, dot over with butter, and dredge with flour. Bake in two crusts.



CANDY.

PEANUT BRITTLE.

2 c. sugar.

3 c. unshelled peanuts.

Shell peanuts, remove brown skin and roll fine. Put the sugar into frying pan and heat, stirring constantly until melted to a syrup. Add peanuts. Mix thoroughly and turn at once into an unbuttered shallow pan. Mark in squares before it hardens.

DIVINITY FUDGE.

4 c white sugar

$\frac{3}{4}$ c. corn syrup

1 tsp. vanilla.

$\frac{3}{4}$ -1 c. boiling water.

1 tsp. vanilla.

Cook sugar, corn syrup and water without stirring until it forms a firm ball in cold water. Cool until comfortable to hand. Add slowly beating all the time of egg white beaten stiff, not dry. When it begins to thicken add chopped nuts, dates, chopped candied fruit or cocoanut. Add flavouring.

PATIENCE.

3 c. white sugar.

$\frac{1}{2}$ tsp. vanilla

2 c. milk

Walnuts.

Caramelize one cup of sugar. Add milk slowly, stirring all the time. Add remaining sugar and boil until it forms a soft ball in cold water. Stir to prevent sticking. Beat and add vanilla and walnuts. Pour on buttered pan and score before cold.

MAPLE CREAM.

3 cu. brown sugar.

$\frac{2}{3}$ c. milk

$\frac{1}{2}$ tsp. vanilla.

2 tbsp. butter

$\frac{1}{2}$ c. chopped nuts.

Put sugar, butter and milk into a saucepan and stir until sugar dissolves. Boil without stirring until it forms a soft ball when dropped into cold water. Cool slightly, then beat till creamy; add nuts and vanilla and pour on to greased plate; mark into squares before it hardens.

FUDGE.

1 c. granulated sugar

1 c. brown sugar.

1 tbsp. butter.

2 oz. chocolate

$\frac{3}{4}$ c. milk.

1 tsp. vanilla.

Put all ingredients but vanilla into a saucepan; stir until chocolate is melted and sugar dissolved; finish as maple cream. Nuts may be added.

MARSHMALLOWS.

3 c. sugar.

1 c. water

1 box gelatine.

1 c. water.

2 tsp. vanilla.

Soak gelatine in cold water fifteen minutes. Make a syrup of the sugar and water and pour it over the softened gelatine. Simmer ten minutes. Add vanilla and beat until very white and thick. Pour into pans moistened with cold water and next day cut into squares and roll in powdered sugar.

Mixture may be coloured if desired and is improved by the addition of a few chopped dates, raisins or nuts.

SPECIAL SUPPER DISHES.

MACARONI AND TOMATO SAUCE.

1/2 c. macaroni.	1 1/2 tbsp. flour.
1 qt. boiling water.	2. tbsp. butter.
1 tbsp. salt.	A slice of onion if desired.
1 c. tomato.	Salt and pepper.

Cook macaroni in boiling salted water. Make a sauce of the other ingredients. Combine mixtures. Pour into buttered dish, cover with buttered crumbs and brown in hot oven.

Note.—Rice may be substituted for macaroni.

MACARONI AND CHEESE.

1 c. macaroni.	1 tsp. salt.
2 tbsp. butter.	1 c. grated cheese.
4 tbsp. flour.	1/2 c. buttered crumbs.
2 c. milk.	Pepper.

Break macaroni into inch pieces. Cook in a large amount of boiling salted water. When tender, pour into a colander and rinse with cold water.

Make the sauce. Add the cheese, stirring until smooth. Add macaroni and turn into buttered baking dish. Cover with buttered crumbs and brown in a hot oven.

CREAMED EGGS.

3 hard cooked eggs.	1/2 c. grated cheese.
2 c. white sauce.	Bread crumbs.

Cut eggs into suitable pieces. Make medium white sauce. Put eggs into buttered dish. Add the sauce. Cover with buttered crumbs and brown in a hot oven.

SCALLOPED ONIONS.

Boil onions. Make a medium white sauce. Place onions in a buttered baking dish. Add sauce and 1/2 c. chopped nuts. Cover with buttered crumbs and brown in a hot oven.

LUCANIAN EGGS.

5 hard cooked eggs.	1 3/4 thick white sauce.
1 c. cooked macaroni.	3/4 c. bread crumbs.
1/2 c. grated cheese.	Salt and pepper.

Cut eggs into eighths lengthwise. Add macaroni, white sauce with cheese and seasonings. Arrange in buttered dish. Cover with buttered crumbs. Brown in a hot oven.

FISH PIE WITH POTATOES.

Mix flaked fish with medium white sauce. Place in a buttered baking dish. Add slices of hard cooked eggs. Cover with well seasoned mashed potato. Brown in a hot oven.

CREAMED FISH.

2 c. flaked fish. 1/2 c. crumbs.
1 c. medium white sauce.

Mix and pour into a buttered baking dish. Cover with buttered crumbs and brown in a hot oven.

FINNAN HADDIE.

Heat in pan with milk or water. Serve hot with white sauce if desired.

FISH LOAF.

1 c. cold flaked fish. 1/2 c. milk.
2 eggs. Salt, pepper and curry.
1 c. bread crumbs.

Combine ingredients. Place in a buttered dish and bake or steam 30 minutes. Serve hot.

COTTAGE CHEESE.

Heat sour milk slowly in a double boiler until whey is quite clear. Drain in cheese cloth. Season curd well. Mix with cream to a smooth paste. Make into balls and roll in chopped parsley.

BAKED BEANS.

4 c. beans. 1/2 tbsp. mustard.
1 tbsp. salt. 3/4 lb. fat salt pork.
3 tbsp. molasses. 1 tsp. soda.

Soak beans overnight. In morning drain and cook in water softened by the addition of soda, until the skins burst. Drain, add other ingredients and cover with fresh water. Bake in covered jar 6 to 8 hours.

RICE AND CHEESE.

2 c. cooked rice.	Cayenne pepper.
2 tbsp. butter.	Milk.
1 c. grated cheese.	Cracker crumbs.
$\frac{1}{2}$ tsp. salt.	

Arrange cooked rice and cheese in alternate layers in a buttered baking dish. Sprinkle each layer with salt, pepper, and bits of butter. Add milk enough to moisten. Cover with buttered crumbs and bake until heated through and browned on top.

BAKED CHEESE CUSTARD.

3 eggs.	1 c. grated cheese.
$\frac{1}{8}$ tsp. soda.	$\frac{1}{2}$ c. stale bread crumbs.
$\frac{1}{2}$ tsp. mustard.	Salt and pepper.
$1\frac{1}{2}$ c. milk.	

Soak bread crumbs in milk for 15 minutes. Add cheese, soda, seasonings and beaten egg. Bake as a custard.

BUTTERED CRUMBS.

1 c. bread crumbs.	1 tbsp. butter.
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Melt the butter and add crumbs, stirring with a fork



CANNING.

STEPS IN COLD PACK PROCESS.

1. Select jars and test them.
 2. Select product and prepare it.
 3. Scald vegetables.
 4. Cold dip.
 5. Pack carefully.
 6. Add syrup or water and salt.
 7. Adjust rubber and cover.
 8. Partially seal jars.
 9. Sterilise according to time table.
 10. Remove jars and seal at once.
 11. Invert. Cool and store in cool, dark place.
1. *Selection of jars*—
Partly fill jar with water, adjust rubber, seal tightly and invert jar to test for leakage.
 2. *Selection and preparation of product*—
Choose firm, fresh products. Wash, peel, core and pit, if necessary.
 3. *Blanching*—
Place product in a wire basket or piece of cheese cloth. Submerge in boiling water for a definite period of time—see chart.
 4. *Cold Dip*—
Plunge product at once into cold water.
 5. *Packing*—
Pack products closely into clean, hot, tested jars.
 6. *Syrup or water*—
Add boiling syrup or water. To vegetables add 1 tsp. salt to each quart jar. Let out air bubbles with sterilised knitting needle or knife.
 7. *Cover*—
Adjust cover and partly seal.
 8. *Sterilising*—
Place jars on a rack in boiler containing sufficient boiling water to cover jars. Cook according to chart, timing from the moment the water begins to boil.
 9. *Removal of jars*—
Remove at once and seal tightly.
 10. *Storing*—
Invert jar to test, seal. Wash, dry, label and store.

SYRUPS FOR FRUIT.

Thin Syrup—1 c. sugar to 2 c. water.

Medium Syrup—1 c. sugar to 1 c. water.

Thick Syrup—2 c. sugar to 1 c. water.

Boil sugar and water in covered saucepan for 5 minutes. Allow 1 c. syrup to each pint jar.

CANNING OF MEAT.

Use fresh meat (chicken, turkey, beef, pork, etc.).

Remove bones and cut into suitable pieces. Parboil 15 to 30 minutes, as meat which is not parboiled shrinks in the jar. Pack into jar, adding 1 tsp. salt to each quart jar. Add the liquid. Put on the rubbers, adjust covers and partially seal. Sterilise in hot water bath for 3 hours. Remove and seal tightly.



CANNING CHART.

PRODUCT	PREPARATION	SYRUP	SERIL- ISATION
Apricots	Select, rinse, skin or pit. Pack in halves or wholes.....	Medium	Minutes 15-20
Cherries	Select, rinse and pit if desired. Pack whole.....	Medium	12-15
Crab Apples	Select, blanch 1½ minutes, cold dip. Pack whole or in halves.....	Thin or medium	30
Currants, black	Select, wash, blanch 1 minute, cold dip. Pack closely.....	Thick	15-20
Gooseberries	Select, wash, blanch 1 minute, cold dip. Pack closely.....	Thick	15-20
Peaches	Select, wash, scald, cold dip, peel, pit and halve if desired.....	Thin or medium	15-20
Pears	Select, blanch 1½ minutes, cold dip, pare, halve or quarter and core	Thin	15-20
Plums	Select, wash, skin and pit if desired.....	Thick	15-20
4 Raspberries	Select, rinse. Pack whole.....	Medium	12-15
Saskatoons	Select, rinse. Pack closely.....	Medium or thick	15-20
Strawberries	Select, rinse. Pack whole.....	Medium	12-15
Beets	Select, wash, blanch 5 minutes, cold dip, remove skin and pack as desired	For all vegetables fill jars with boiling water and add ½ teaspoon salt to each pint jar. Add no water to tomatoes.	90
Cauliflower	Select, wash, blanch in steam 15-20 minutes, cold dip. Pack closely		60
Corn	Select, blanch on cob 5 minutes, cold dip, cut from cob with sharp knife. Pack loosely.....		180
Greens	Select, wash, blanch in steam 15 minutes, cold dip. Pack loosely.....		90
Peas	Select, shell, blanch 5 minutes, cold dip. Pack whole.....		180
String Beans.....	Select, string, blanch 5 minutes, cold dip. Pack whole.....		180
Tomatoes	Select, blanch 1 minute, cold dip, remove skin. Pack whole.....		22

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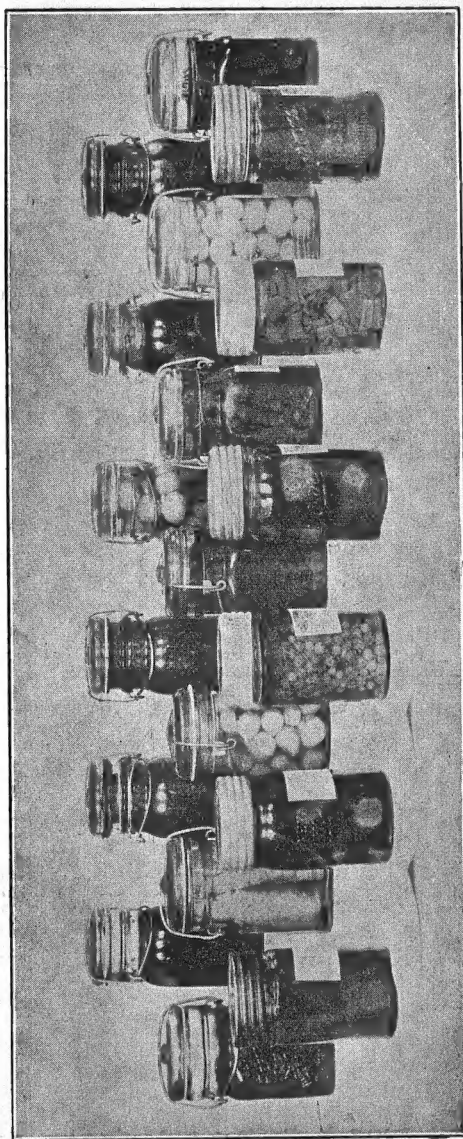
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Fruit and vegetables canned by Saskatoon Public School children.

